

**State of Vermont
Executive Department
A Proclamation**

WHEREAS, Shallow Water Blackout is caused by prolonged breath holding preceded by hyperventilating (also known as Hypoxic Training), which prevents the brain from receiving the signal that it is time to take a breath, resulting in the brain blacking out and then taking a natural breath underwater causing the swimmer to drown; and

WHEREAS, ending Shallow Water Blackout drowning through educating swimmers of all ages about the life-threatening dangers associated with Hypoxic Training, or prolonged breath holding practice, is the central cause of the Live Like Benjo Foundation; and

WHEREAS, the Live Like Benjo Foundation is a Vermont based 501(c)(3) non-profit organization dedicated to the memory of Benjamin C. Haller, a Vermont sailor, SCUBA Instructor and Rescue Diver who drowned in seven feet of water on August 1, 2014 as a result of Shallow Water Blackout (SWB); and

WHEREAS, the Live Like Benjo Foundation's mission is to save lives and prevent families from having to experience the pain of such needless and avoidable tragedies as those caused by Shallow Water Blackout; and

WHEREAS, the Live Like Benjo Foundation is committed to working with Vermont State Agencies, schools and all swimming facilities and swimmers to raise awareness about the causes of Shallow Water Blackout and their associated and deadly dangers; and

WHEREAS, June is the ideal month for this designation as the summer swimming season begins throughout our great state;

NOW, THEREFORE, I, Peter Shumlin, Governor, do hereby proclaim June 2016 in the State of Vermont as

**SHALLOW WATER BLACKOUT AWARENESS MONTH
IN HONOR OF BENJAMIN C. HALLER**



Given under my hand and the Great Seal of the State of Vermont on this 25th day of May, A.D. 2016

A handwritten signature in black ink, appearing to be "Peter Shumlin", followed by a long horizontal line.

Peter Shumlin
Governor